

Chocolate Prune Cupcakes

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

Wet

½ cup Sunsweet® Amaz!n™ Prunes (whole pitted or diced)

¼ cup Sunsweet® Amaz!n™ Prune Juice

¼ cup water

¼ cup sugar

½ cup coconut oil

½ teaspoon vanilla extract

1 egg or 1 flax egg*

Dry

¾ cup Gluten-free 1 to 1 baking flour

3 teaspoon raw cacao powder

½ teaspoon baking soda

Pinch sea salt

1 container of your favorite vanilla frosting

Instructions

Preheat oven to 350 degrees Fahrenheit. Add all wet ingredients into a high-speed blender and blend on high until liquefied. Add all dry ingredient into a large mixing bowl and stir together. Pour wet

ingredients into dry and thoroughly mix. Spoon batter into mini cupcake pan with liners. Bake for 20-25 minutes. Let cool 10 minutes before frosting/decorating.

Note: To make 12 medium cupcakes, simply double the ingredients and bake for around 30-35 minutes.

*A flax egg is 3 tablespoons ground flax seeds mixed with 3 tablespoons water to create an egg-like consistency

Recipe created by Megan Roosevelt, Registered Dietitian Nutritionist & founder of HealthyGroceryGirl.com.

Nutritional Information

- Total Servings 12
- Serving Size 1 cupcake
- Fat 12.3g
- Cholesterol 15.5mg
- Sodium 106.4mg
- Carbohydrates 23.6g
- Fiber 1.32g
- Sugar 16.1g
- Protein 1.45g